

Torrance Herald

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OFFICIAL PAPER OF THE CITY OF TORRANCE C. P. ROBERTS - - - - - Publisher and Owner Subscription Rates In Advance One Year.....\$2.00 Single Copies.....5c

CONTROL YOUR WORK, SAYS COUE

It was not until he visited Chicago, Pittsburgh and Detroit that Emile Coue caught sight of what he often had been told was the pace that was "killing" Americans. In the older cities of New York and Philadelphia he found the rhythm of life more nearly normal, and its pressure not such as "to overstrain human resistance."

Life in older cities, no matter how great they may become, tends to develop a poise not to be expected in younger and more rapidly growing communities. Even community youth is exuberant and defiant of restraint. It is making its way in the world and all is novelty and adventure.

Time develops calm and culture, repose and recreation. A mammoth city becomes a world in itself, and as a whole the world has never progressed at any furious pace.

In the newer cities of the Middle West, especially those engaged largely in manufacturing, Coue found masses of people rushing madly to and from their meals, devouring rather than eating their food, and their brains all the time full of the blood that was more needed in the digestive regions. He says: "Even a cursory survey is sufficient to tell me that these people live too fast. They live most of their time probably in their automobiles and their offices; eat wrongly, too quickly, and maybe too much; and disdain to pause to breathe in the race to their goal of achievement. Now nerves cannot be kept taut for long without something else giving way. So sick men and women are made."

To give finality to this argument it would be necessary for Coue to show that men and women live longer and are healthier in New York and Philadelphia than those in Detroit and Pittsburgh, but the statistical facts do not fit the theory.

The truth is that work does not kill people, and that it takes longer to wear out than it does to rust out. Work does not kill men. To be out of work and looking for it or dodging it is much more ruinous.

It is worry that kills, and this probably is what Coue means when he says: "Work as much as you like, although it is wise not to exaggerate. But work does not hurt you if you control it, and do not let it control you. Therein lies the danger."

When work controls us it means that we are worrying about it, not only when actually working, but all the time.

Long before Coue expounded his theory of salvation by auto-suggestion a wise student of the subject wrote: "Work never killed any man. No man is ever asked on any one day to bear a burden heavier than it is possible to carry on that day. It is only when the burden of yesterday's regrets and the still greater burden of tomorrow's fears are added to the burden of today that the load becomes greater than some men and women can bear and preserve their sanity and health."

"All work and no play makes Jack a dull boy." That is not the only simply stated and antique proverb born of common sense and common experience that some of the modern professors have replated and elaborated into the doctrines of a pretentious psychology.

CLAIMING MEN'S RIGHTS

The woman suffrage movement was only one phase of a general tendency. For many years the tradition had grown up that women were to be much more restricted than men. They were sheltered and shielded in homes, and those who went out to earn their daily bread were at first regarded as doing something rather discreditable. A whole code of prohibitions had kept women away from the ordinary contacts of daily life. They seem to be getting ready to throw all this system of regulation overboard, and appear in the world as equal competitors of men and entitled to all their rights.

There was a terrible fuss some years ago when the women began to quit their trailing skirts. Those who wore their dresses a few inches from the ground were ridiculed as "rainy daisies." Now women are demanding clothing in which they can move about as freely as men do, and short skirts are likely to be followed by innovations still more startling to the conservative.

They refuse to swim with long entangling clothes, and if men can appear in skirtless costumes, they don't see why they can't. The growth of smoking among women is another evidence of this spirit, and was probably started not so much by a desire for nicotine as by a refusal to be denied rights claimed by men.

The custom that women must not propose offers of marriage, or give invitations to social affairs, will probably go the same way as many other conventions. Women are not going to accept any limitations that argue inferiority. They may cast aside a certain reserved charm and elusiveness by their forthputting ways, but they are resenting the principle that they cannot exercise initiative. While these changes will produce many eccentric and unlovely personalities, it represents on the whole a progressive advance and must enlarge the power of women to serve the world.

FRENCH CALM

Whether the French were wise or unwise in taking the law into their own hands by moving farther into Germany, or whether they have "bitten off more than they can chew," may be a matter for argument and conflicting opinions, but it is as remarkable as it is unmistakably true that they are proceeding with the work of occupation in perfect—almost judicial—calm. France is accused of imperialistic ambitions, but she cannot be charged with impetuosity. She is not excited about the matter and refuses all temptations to become excited. Indeed, it is the judicial calm of the French occupation that is most distressing Germany.

A mad rush or spectacular dash similar to that of the invasion of Belgium in 1914 would have served the German cause better by creating feeling of sympathy and corresponding resentment. France is merely presenting the bill, but in the nearest thing possible to a legal form. It makes a difference. Germany realizes it.

Perhaps that lost naval laundry just rediscovered at Seattle was included in the backwash of the war.

WATCH YOUR MAIL

We learn from a government report reaching this office that more mail is reaching the dead letter office at Washington now than at any previous time in the history of the post-office department. Maybe it is because more mail is dispatched today than ever before, but we believe if you'd ask the postmaster for the cause he would tell you that people are more careless now than they used to be. They are in more of a hurry, address their letters more rapidly, and naturally are more apt to get the addresses wrong. Rushing to the postoffice and dropping them in the letter box without taking a second to see if a stamp has been affixed is also another form of carelessness.

There are still some people who try to get along without return cards printed on their envelopes. And letters misaddressed or posted without stamps go direct to the dead letter office unless there is a return card on the envelope.

The report also says that over 1,400,000 letters are mailed every hour in the twenty-four hours of each day in the year, handled by Uncle Sam during the past year. In all, the people of the United States used last year more than nineteen billion postage stamps. So, after all, people who do so much correcting, they occasionally forget to read the address on the envelope carefully before dropping it in a mail box.

CHANGEABLE FOLKS

There are many people who are competent workers in their line, but somehow they never seem to make much progress in shop work or business. Their great fault is their spirit of change. They are always impatient with the progress they are making, and think if they could go to some other town or work for some other concern, they could make better progress.

So the people of this type are frequently throwing up a job and they create that great factor in modern business called "industrial turnover." The cost of breaking in a new man is said to average as high as \$50, and is far more in many positions. The time of the superintendent or foreman is taken, the new worker may not produce much for the first few weeks. Usually people of this type have to be paid somewhere near full wages for the early part of their employment. But the taking on of green hands makes goods cost more, and adds to the prices the consumers have to pay.

Even if a man is quite competent, yet different concerns have different standards; they appeal to different elements of people. Even the competent man has to spend a good deal of time learning the ways of his new employer, all of which adds to the cost of production.

People of this type get a lot of varied experience and become clever at shifting around from place to place. But they are frequently undesirable. When a concern has a chance to promote some one, it does not look among the drifters for the advancement. It seeks some fellow who has a record of staying put in one place and learning his job and the ways of his employers from A to Z.

The man who shifts around a good deal does not usually get very far. In throwing up any kind of work, a certain experience is thrown away. This training is the capital of the workers, and it should not be sacrificed by too frequent changes.

A TALE OF THE TIMES

Back in 1917, two young men got jobs. One had a position in a war work plant where he earned \$90 a week. His money went fast. He would have ten pairs of shoes at a time, as he saw footwear that pleased his fancy, and when the first sole worn down, he would throw them away without hesitating, though the upper was perfectly good. His money all went in such ways, and he had nothing laid up when the flush times passed.

The other young fellow thought the war work would be a very temporary thing, where he would get no permanent start. So he took a job in a grocery store at low pay, and has gradually worked up since then, until he is now manager for a fair-sized business for an absent owner, receiving \$32 a week.

That fellow now has \$400 in the bank. The other had his friend come around, dead broke, and asked him for the loan of \$100. A lot of people will hope that he did not get it.

That story is typical of hundreds of thousands of instances. These young fellows on high pay, the majority of them, had no families dependent on them, had the chance of a lifetime to get a start. That young man on \$90 per week should have had several thousands of dollars in the bank when the flush times passed by. He could have done it as easily as not, without denying himself any necessity. But he could not see it. He saved his incapacity to take responsibility, and naturally a fellow of that kind will have a pretty hard time when the pinch comes.

As the old saying goes, it is not so much what you earn as what you save that makes a man successful. There are plenty of inexpensive pleasures which young people can enjoy. They can use the period before they get married to lay up a reserve that will make all the difference in the world later when they have a family dependent on them.

FUTURE OF SIBERIA

It is probable that Siberia will one day become an extremely rich country, for it has a natural wealth so diversified and as yet almost untouched that it has no rival in the old world. How vast this wealth is is described by A. Kammerer in La Nature. Before the war Siberia was producing from 1,000,000 to 1,500,000 tons of flour a year. As a grazing country it has no limits, and it exports large quantities of leather, tallow and butter. Its forests are almost inexhaustible, and it supplies furs to all the world. Its mineral wealth can only be guessed at, for the greater part of the country has never been prospected; but there are several enormous deposits of oil.

FAMINE FREES PRISONERS

The famine prevailing in Russia has, among other things, had an unexpected consequence. As the penitentiary administration of the government of Astrakhan has nothing on which to feed its lodgers, three-fourths of the inmates, political or common, have been set free.

THE FLIGHT OF ATOMS IS NOW PHOTOGRAPHED

An atom is 2000 times too small to be seen through a microscope, and it is apt to stagger the imagination of most people to hear about photographing atoms in flight. Not so long ago an atom was spoken of as the smallest particle of matter, a grouping of electrons around a nucleus, much in the manner that the planets arranged around the sun constitute the solar system. Air that is not too dry, confined in a cylinder and alternately compressed and expanded under the action of a piston, will produce a mist of minute water particles similar to a rain cloud. If the cylinder is vertical, and the head and upper part of the walls are made of glass, and with sufficient illumination, this phenomenon can be seen with the naked eye as the miniature fog settles toward the piston, according to W. D. Harkins, professor of physical chemistry, University of Chicago, in the March Popular Mechanics Magazine.

In further developing the apparatus, the terminals of an electric circuit of high voltage are connected at the top and bottom of the cylinder and in circuit with a device that makes contact at the proper instant during the stroke of the piston. Charged helium atoms, or nuclei, emanating from a speck of radio-active material, called polonium, located on the side of the cylinder, are projected through the air, and about 200,000 minute water drops deposited in the path of each helium atom, each making what appears like the trail of a tiny skyrocket.

BRIDGE ACROSS GOLDEN GATE TO BE LONGEST

A combined suspension and cantilever bridge with a span of 4000 feet and a total length of 6700 feet, described and illustrated in the March Popular Mechanics Magazine, will soon be built across Golden Gate, San Francisco Bay, if California legislature is passed. It is said that there is no opposition to the bill and all that remains to be done is to complete the financial details.

NOTICE CALLING FOR BIDS FOR MOTORCYCLE

Notice is hereby given that bids for selling to the city of Torrance a four-cylinder motorcycle without extra equipment will be received by the City Clerk at any time prior to 7:30 p. m. March 6, 1923, and that said hour the Board of Trustees of said City will open and declare said bids at the Council chambers of said Board.

By order of the Board of Trustees, A. H. BARTLETT, City Clerk.

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NOTICE OF FORECLOSURE SALE

Security Trust and Savings Bank, a corporation, Plaintiff, vs. William F. Elliott (also known as W. F. Elliott), Laura Elliott, Jennie L. Perrine, Jacob Perrine, et al., Defendants.

Sheriff's Sale, No. 103933. Order of Sale and Decree of Foreclosure and Sale.

Under and by virtue of an order of sale and decree of foreclosure and sale, issued out of the Superior Court of the County of Los Angeles, of the State of California, on the 8th day of February, A. D. 1923, in the above entitled action, wherein Security Trust and Savings Bank, a corporation, the above named plaintiff, obtained a judgment and decree of foreclosure and sale against William F. Elliott (also known as W. F. Elliott), Laura Elliott et al., defendants, on the 31st day of January, A. D. 1923, for the sum of One Thousand Three Hundred Sixty-one and 66-100 (\$1361.66) Dollars, Gold Coin of the United States, which said decree was, on the 6th day of February, A. D. 1923, recorded in Judgment Book 496 of said Court, at page 211, I am commanded to sell all that certain lot, piece or parcel of land situated, lying and being in the City of Torrance, County of Los Angeles, State of California, and bounded and described as follows:

Lot Ten (10) in Block Sixty-eight (68) of the Torrance Tract, in the City of Torrance, County of Los Angeles, State of California, as per map recorded in Book 22, Pages 94 and 95 of Maps, in the office of the County Recorder of said County.

Together with the tenements, hereditaments and appurtenances thereunto belonging, or in any wise appertaining.

PUBLIC NOTICE IS HEREBY GIVEN That, on Monday, the 12th day of March, A. D. 1923, at 12 o'clock M. of that day, in front of the Court House door of the County of Los Angeles, Broadway entrance, I will, in obedience to said order of sale and decree of foreclosure and sale, sell the above described property, or so much thereof as may be necessary to satisfy said judgment, with interests and costs, etc., to the highest and best bidder, for cash, Gold Coin of the United States. Dated this 15th day of February, 1923.

WM. I. TRAEGER, Sheriff of Los Angeles County. By W. T. OSTERHOLT, Deputy Sheriff. H. E. THOMAS, Plaintiff's Attorney. Pub. Feb. 16-23, Mar. 2-9, 1923.

If Kidneys Act Bad Take Salts

Says Backache Often Means You Have Not Been Drinking Enough Water

When you wake up with backache and dull misery in the kidney region it may mean you have been eating foods which create acids, says a well-known authority. An excess of such acids overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them. Like you relieve your bowels, removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach, sour, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for years to help clean and stimulate sluggish kidneys, also to neutralize acids in the system, so they no longer irritate, thus often relieving bladder weakness. Jad Salts is inexpensive, can not injure and makes a delightful, effervescent lithia-water-drink. Drink lots of soft water. By all means have your physician examine your kidneys at least twice a year.

NOTICE

Of doing business under fictitious name, STATE OF CALIFORNIA, COUNTY OF LOS ANGELES, ss. I, E. N. Tomkins, being first duly sworn, deposes and says: that I am doing business in the city of Torrance, County of Los Angeles, State of California, under the firm name and style of the Torrance Wall Paper and Paint Company; that I am the sole owner and manager of said business, no other person having any interest therein; that my residence is 1811 Gramercy Street, Torrance, California; that the place of business of said company and all business thereof is transacted at 1418 Marcelina Street, Torrance, California.

In witness whereof I have hereunto set my hand and seal this 29th day of January, 1923.

ERNEST N. TOMKINS, Notary Public in and for the City of Torrance and County of Los Angeles, State of California. Pub. Feb. 2, 9, 16, 23, 1923.

Professional Directory

Dr. N. A. Leakey, PHYSICIAN AND SURGEON. Lomita Office Hours: 1:00 to 2:30 P. M. Torrance Office Hours: 2:30 to 5:30 P. M. Phone—Office-Residence—13-M

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